

# Summer Gathering

Saturday 11 July 2020  
from 10:30 am



Join us to chat about housing matters, enjoy the opportunity to win high street vouchers and attend any of the following free workshops (approximate duration: 30 minutes each).

**Mindfulness:** Join Craig Gilbert from Zen Mindfulness Fife to learn about how mindfulness can keep us calm during difficult times. Participants will be entitled to follow this up with further free mindfulness sessions.

**Guide Dogs:** Nobby and Ann Clark will tell us about the process of training a guide dog. They will also discuss what puppy walking entails and how you can get involved. Look out for the special appearance from Duke, their adorable puppy-in-training.

**Harp Therapy:** Harp Therapist Isobel Stamford from Harp Therapy Scotland will be leading a session around this relaxing form of musical therapy.

**Gardening:** Peter Hart from Kirklands House will give us a virtual tour of his beautiful gardens and talk about how we can grow the ingredients for delicious salads at home. You will be able to ask specific questions about gardening too.

**Bees and Wasp (Children):** Biologist Joanna McFarlane from Wild Planet Explorers will share with our little ones fun and educational facts using interactive props and imaginative play.

**Music composing (Children):** Award-winning musician Greg Sinclair will introduce children to the Cello and play for them a piece of music that they will have composed together.

Reserve your place and book up two workshops now by completing our online form, which you can find on our website or by requesting one from [customerservices@kha.scot](mailto:customerservices@kha.scot) or telephoning 01592 630922

Please book your workshops by Sunday the 28th of June.



# KINGDOM Group

## YOU ARE INVITED TO ATTEND OUR **SUMMER GATHERING**

*Up in the  
Cloud*

This event will be held over Zoom, a video conferencing system, so you can enjoy the Gathering from the comfort of your own home. If you do not have a device with video capabilities like a tablet or laptop, you will be able to dial in from a landline at the cost of your standard network rate.

SATURDAY

11 JULY 2020

FROM 10:30 AM

**MORE DETAILS  
OVERLEAF**

**Limited spaces available.  
book by Sun 28 June 2020**

Instructions about how to use Zoom and details about a fun practise session will be issued a week before the Gathering takes place.